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THE CUBAN AVOCADO .. or .. ALLIGATOR PEAR



Fruit will be for Sale in Case Lots by
The Elizabeth Nursery Company
Elizabeth New Jersey

IN JULY AUGUST SEPTEMBER OCTOBER AND NOVEMBER

AVOCADOES

The Avocado has for many years been sought and highly appreciated by epicures for its dainty, rich and nutty flavor, has rapidly gained in popularity and is now one of the most important commercial tropical fruits, and the most important food fruit in the world.

In food value, it ranks high, containing as it does, more nutriment than the egg. It presents in a most easily digested and assimilated form as high as 12 to 18 per cent. of fat, 7 per cent. more than the egg, which places the fruit in a class with the staple food products, instead of being a mere luxury as in the case with many fruits. The taste for the Avocado is not always acquired upon first trial, but a few repetitions are usually sufficient to make anyone extremely fond of it. The price is now prohibitive to most and only a few have had opportunity to acquire the taste, but as the production becomes greater and the price lower, an almost unlimited demand will be created throughout the whole country. Culture of the fruit in the United States is restricted to limited areas in Southern California and South Florida, and as the Avocado will become an important and indispensable part of the daily food of the majority of the people of the United States, the Island of Cuba, where climate and soil conditions are such that the fruit can be produced in great abundance and in its highest perfection, will have to be looked to for supplying the demand.

The rich elements of nutrition contained in the Avocado are so combined as to make the fruit readily assimilated and acceptable to the palate of delicately constituted persons, invalids and small children, who can eat freely of the pear without fear of ill effects.

It is the gift of nature to the tropical countries for food instead of meats and animal fats, and is a blessing to the people of cold climates, where so much fats, and nourishing foods are required to give heat and energy to stand the cold of winter.

HOW TO PREPARE AND EAT THE AVOCADO

The Avocado has none of the enticing flavors of confections or dessert fruit, but its nutty flavor is very highly appreciated.

Recipes and methods of serving the Avocado are numerous. It does not cook or cannot be preserved, to any advantage. It can be served with salt, with sugar or with vinegar. It can be served as a salad. In tropical countries it is usually eaten with salt and pepper.

(When ready for use, the fruit will yield to slight pressure of the thumb. The flesh of the ripe Avocado is about the consistency of well made butter).

COSTA RICAN STYLE

Cut the fruit in half and remove the seed. In the cavity, place one tablespoonful of vinegar or lemon juice, salt and pepper to taste. Serve one-half on plate with spoon to each person.

MEXICAN STYLE

To two parts of the fruit, cut in small squares, use one part of chopped Bermuda onion, salt, pepper and vinegar to taste. Sweet peppers may be added if desired. Prepare two hours before serving.

CUBAN STYLE

Cut fruit in half and remove the seed. Prepare a dressing of a teaspoonful of sugar dissolved in the juice of half a lemon. In the cavity of the fruit place three stuffed olives and the desired quantity of dressing.

HAWAIIAN SANDWICH

Remove the skin and seed from one fruit. Mash the flesh, add salt, pepper and a dash of vinegar or lemon juice and spread on lettuce leaves between thin slices of buttered bread. This is a dainty way to serve the Avocado and a most delicious one.

SANTIAGO STYLE

Peel the fruit, remove the seed and cut the flesh in cubes. Mix with Mayonnaise or with chopped onions, lemon juice, salt and pepper. Put it on a platter, piling it high in the center and sprinkle finely chopped boiled egg over it.

AS A BREAKFAST FOOD

The Avocado is particularly acceptable as a breakfast food and a most desirable form of food for invalids. It is highly nutritious, containing as high as 18 per cent. of fat, 2 per cent. of protein and 7 per cent. carbonhydrates. It is easily digested and assimilated by the most delicately constituted person and to those accustomed to eating it, is relished in all forms.

The MULGOBA and BENNETT MANGOES

These are two very choice varieties of the new East India or Hindoo Mangoes recently introduced. It is not necessary to cultivate a taste for these delicious fruits, as they are enjoyed the first time eaten. The flesh is golden-yellow in color, smooth, melting, juicy and sweet, combining the flavors of several fruits in one and with a delicate, spicy aroma. Hardly any two people would pronounce the flavor the same. They can be served either sliced or cut in half, the stone removed and eaten with a spoon. They weigh from 8 to 16 ounces.

GRAPEFRUIT

Those who are lovers of this delicious fruit would do well to write us for our Grapefruit circular. We have several hundred customers who are using our fruit and pronounce it superior to either the California or Florida. Just drop us a postal and we will put you on our mailing list.

IN CONCLUSION

We will be receiving shipments of choice varieties of Avocadoes every ten days, when the season opens in July until its close in November. They will come packed one dozen fruit to the case and guaranteed to be in good condition when delivered. We would like to have you advise us upon receipt of this circular if you are interested, so that we may put your name on our mailing list and notify you when a shipment is expected.

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